

# Fruit Salad with Jicama

**Makes:** 7 servings

Mango and papaya add a tropical flavor to this fruit salad while chili powder gives it a kick. The jicama provides a refreshing crunch and the result is a fruit salad that's sure to please.

## Ingredients

**3 cups** jicama, sliced (small)  
**2 cups** watermelon (cut into pieces)  
**1** mango  
**1** papaya (small)  
**1** lime  
**2** kiwi  
**1 teaspoon** lime or orange juice  
**1/4 teaspoon** salt  
**1/4 teaspoon** chili powder

## Directions

1. Wash, peel, and cut the jicama into thin slices.
2. Wash, peel, and cut the rest of the fruit into slices or medium sized pieces.
3. On a large plate, arrange the fruit. Sprinkle the lime or orange juice over the fruit.
4. In a small bowl, mix the salt and chili powder. Sprinkle over the fruit and serve.
5. Refrigerate leftovers within 2 hours.



Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>77</b>
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>91 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	5 g
Total Sugars	11 g
Added Sugars included	0 g
<b>Protein</b>	<b>1 g</b>
Vitamin D	0 IU
Calcium	28 mg
Iron	1 mg
Potassium	307 mg

N/A - data is not available

### MyPlate Food Groups

	Fruits	3/4 cup
	Vegetables	1/2 cup